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A Descriptive List of Standard Varieties

AVOCADOS

giving CULTURAL DIRECTIONS
DESCRIPTIONS of BEST VARIETIES
AND PRICES



The Walker Avocado

NEWBERY-SHERLOCK
AVOCADO NURSERIES
PASADENA, CALIFORNIA

R.F.D. No. 2, Box 470

Phone Colorado 2987

Nursery:

ROSE AVENUE AND PALM STREET, ALTADENA, CAL.

OBSERVE WHEN ORDERING :: ::



ALL ORDERS for immediate delivery must be accompanied by check, P.O. Money Order or draft, to the full amount of the order. ¶ Orders for future delivery must be accompanied by 25 per cent of the amount of the order and the balance at time of delivery. ¶ We make no charge for packing and all prices are for delivery at our nursery in Altadena, or f. o. b. cars at Pasadena, California.

The utmost care is used in the raising, labelling and shipping of our trees, but we make no warranty except that if trees sold are not true to name, we will, upon proof of such a fact, either return the original purchase price or replace the trees at our option. All orders for trees are accepted by us on condition that if on account of circumstances beyond our control we are unable to furnish the trees ordered, we shall be liable only for the return of money paid by the purchaser.

**NEWBERY-SHERLOCK
AVOCADO NURSERIES
PASADENA :: CALIFORNIA**

The Avocado for Profit

A SHORT TREATISE ON THE PLANTING
AND CARE OF THE NEW COMMERCIAL
FRUIT, TOGETHER WITH DESCRIPTIONS
OF THE LEADING DESIRABLE VARIETIES



One of 40 Fuerte trees, planted in orchard March 1914, has fully 40 fruits.
All of these trees are fruiting this year.

The Avocado has none of the flavors of dessert fruits, nor confections; nevertheless its rich nutty flavor is pleasant to every one. It is sometimes called vegetable butter, and in tropical countries it is used as such. In food value and strength-giving qualities it is sometimes compared with olive oil, though without the strong flavor of the latter plus the pleasant nutty flavor that all good Avocados have. People who have lived in the tropics, where the Avocado is cheap, are aware of the value of its fruit as a food, and almost without exception crave it. A taste for it is readily acquired, and there are but few people who do not soon learn to relish it.

It is becoming better known each year. At the present time, only a few are able to eat the fruit, because of the cost, still the demand for the fruit is growing out of all proportion to the increase in production, while the price is not being reduced; hence it looks as though it would be a long time before the price will be much below what it is at present. Locally, prices have ranged from \$2.50 to \$12.00 per dozen wholesale, and the demand in excess of the supply.

Some trees have produced as high as 3000 fruits in a single season, weighing from $\frac{1}{2}$ to $\frac{3}{4}$ lb. each, and commanding from 2.50 to \$4.00 per dozen, and the supply below the demand.

THE TREE AND ITS FRUIT

The Avocado has gained in popularity under primitive methods of growing from seedling trees, each one (if it bore at all) bearing a different fruit of different shape, size, and quality. This explains why the Avocado has been somewhat neglected as a commercial fruit. This has been overcome, however, and we are now able to reproduce the better varieties by budding. These are not easy to bud, hence trees will never be as low in price as citrus fruit trees. The fruit of the Avocado tree is highly nutritious, palatable and wholesome. Under chemical analysis Prof. M. J. Jaffa, in bulletin No. 254, treating on 28 varieties, gives the following food values of the Avocado: Water, 67.51 per cent; protein, 2.08; fats, 20.01; carbohydrates, 7.39; crude fiber, 1.75; ash, 1.16.

When compared to eggs, including whites and yolks, we have the following: Water, 73.7 per cent; protein, 14.8; fats, 10.5; ash, 1.0.

Carrying comparisons a step further with milk, we obtain the following: Water, 87.0 per cent; protein, 3.3; fats, 4.0; carbohydrates, 5.0; ash, 0.7.

The increase in vegetarianism in the past few years assures a good market for any food that will take the place of meat and animal fats, which the Avocado will do. In this climate the possibilities are very promising. We eat more meat than is good for us, and the market is unlimited for a healthy, palatable vegetable food that will supply the food properties of meat without its disagreeable features.

The Avocado will be a profitable crop when sold for less than meat; the trees are planted 25 by 25 feet, giving 48 to the acre, or 30 by 30 feet with 70 to the acre. For a matured tree to produce 1000 fruits, weighing one to one and a half pounds each, is not unusual and trees have been known to bear 2000 fruit in a single crop. If these fruits

were sold for 5 cents each, instead of \$9.00 to \$12.00 per dozen wholesale, Avocado culture would still be a paying proposition. From present indications it will be a long time before fruits like the Taft will be sold for much less than present prices.

SOILS AND CLIMATE

Soils and climatic conditions for the Avocado are about the same as for citrus trees, and they are hardier than many suppose. While we have seen citrus trees badly frozen, we have never seen an Avocado tree of any size freeze to death. We have seen them freeze to the ground, but the tree soon sent out shoots, and recovered in a remarkably short time. The tree grows in nearly all tropical and semi-tropical countries, but in the United States is limited to a small area in California and Florida. It is the judgment of many people that the Florida fruits are not the equal of California grown fruit in either eating or shipping quality.

PLANTING SUGGESTIONS

Never lift the tree by grasping the trunk, but tilt it and put one hand under the ball, and support its weight from the bottom. Good deep wide holes should be dug. If the soil is shallow a charge of dynamite should be shot in the hole. If you are planting in adobe, it will pay to dig a large hole, and replace the dirt removed with a lighter soil.



Budded tree with more than 30 fruits

If possible, the hole should be filled with water and allowed to soak before the tree is planted. Later the tree should be placed in the hole, and the hole partly filled with earth (never use the dirt that comes from the hole, but use top-soil) say to within two-thirds of the height of the ball, then the string holding the covering should be cut and the burlap laid flat on the ground and the hole completely filled, leaving a basin to be immediately filled with water. All trees should be settled with water. The bud should be just above the top of the ground when planted. Fertilizer should be worked in later. Trees should be shaded the first summer. If the branches are opening so that the mid-day sun can shine on the trunk and branches, trouble is sure to follow and the exposed parts should be either white-washed, or wrapped with burlap. The bark of the young trees is subject to sun-burn, hence they should be trained with the idea of affording complete shade to the trunk and branches.

The past spring there was a shortage of water in a large Avocado orchard having about 15 varieties, at the same time there was a period of dry hot winds, both of which were bad on the trees; those trained to shade the ground and of the dense type of foliage suffered the least. Of them all the Taft was least affected, while some of the so-called hardy varieties looked pretty sick; but later, when water was secured, they all grew and showed no effects of the hard treatment.

The Avocado is naturally a strong grower, and if not properly trained, will grow very high, making the crop difficult to pick. The pruning shears should be freely used in training the tree. We have been cutting the trees in every month of the year for several years now, and have never noticed any ill effects.

THE AVOCADO MUST HAVE WATER

Trees should be watered frequently. In the nursery we water every week or ten days during the warm weather. The orchard would hardly require so frequent irrigations, but in well drained soils it is hard to give the tree too much water, and there are few trees that will respond more freely to irrigation and care than the Avocado.

Some planters have recently installed the drip system; a pipe leads to every tree in the orchard, and a small drip is allowed to run for several days, then the water is turned off, land cultivated, and in a short time the process is repeated. While a good thing, it is very expensive, and not necessary. The idea originated from the growth of a tree on a place near Glendora, where they had a leaky faucet, and neglected to fix it. There was a steady drip and the ground never dried out. The Avocado tree that stood within a few feet of this hydrant, grew twice as fast as others.

SHIPPING AND BEARING QUALITIES

Our thin skinned fruits are, with one exception, fall fruits. The exceptional tree fruits twice a year, a small crop early in the summer and the main crop in the fall.

The thick-skinned varieties ripen in the winter, spring and summer and are good shippers. The only exception to this is one which we can not propagate, and consequently it has been eliminated. The thin-skinned fruits will not stand shipping, and for this reason should be considered only for local markets.

We have many good, prolific trees, bearing fruit that will ship, which the prospective planter can see for himself. It is a simple matter to prove productiveness, and instance prices received for the better varieties, hence it certainly does appear strange to learn of people planting an inferior variety to be budded over later. Some varieties begin to bear earlier than others. Some have borne the first year that they were planted, while others will be four years in coming into bearing. One of the illustrations shows a tree planted in March, 1914, which this year has fully 40 fruits. Of the 50 trees of this variety planted in this orchard all had some fruit in 1916. The time required to bring an orchard into bearing will depend on the varieties planted.

The Royal, Murietta, Colorado and the Dickey are not to be considered. Up to the present time fully 85% of all these varieties propagated have died in the nursery or immediately after transplanting. The trouble is unknown, and though some of the trees have lingered for two and three years after being planted in the orchard, the majority have perished.

Some growers claim that if these varieties were budded into old trees they would be all right. This summer we noticed some of these varieties that were budded into the older trees looked yellow and sick, hence it will be some time before any one will know whether they will thrive.

Our trees are grown in the open ground, and are a fine stock of trees and we feel sure that they will please you.



THE STANDARD VARIETIES OF AVOCADOS

Prices are subject to change without notice. Prices given are for single trees; for orders of 10 trees deduct 25c per tree from the listed price, and prices on larger quantities will be furnished on application.

Growing Avocado trees is our business and we do not grow any other kind of trees.

The following list comprises all the different varieties that are worth while, and if any of the recent importations prove of any value at all, as soon as that fact is proved we will grow them.

Thick-Skinned Varieties

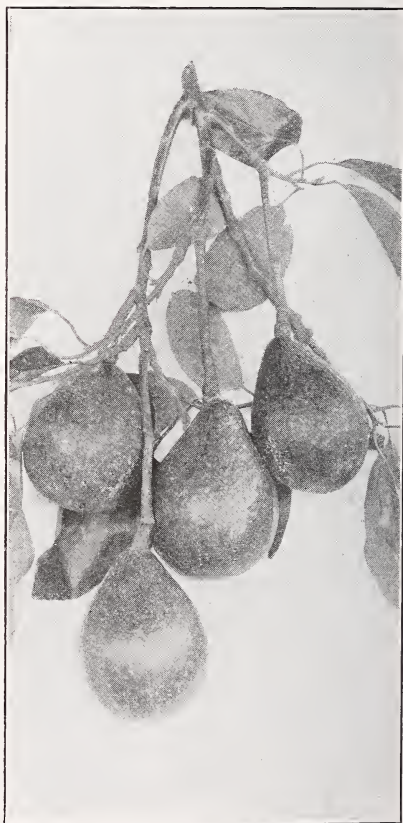
TAFT

So far, this fine variety has proven the standard. Its superb quality of fruit has commanded for it a ready sale at top prices for all fruits of this variety produced. Single fruits weigh 14 to 24 ounces; length about 5 inches; shape pyriform, broad and slightly necked; skin deep green in color, thick and firm; seed medium size and fills cavity completely; flesh smooth and oily and has no superior, there being no trace of fibre; tree productive and has proven the hardiest of this type; fruit ripens May to October. We are able to show this year many trees of this variety ripening fruits at three years. We do not hesitate in recommending this tree to the commercial planter.

WALKER'S PROLIFIC

This is one of the most precocious varieties we have, and has been a consistent money maker and an even and regular cropper. Personally we like the fruit, and there has been a ready sale for all so far grown at good prices. The single specimen weighs from 6 to 12 ounces; obvate to broadly pyriform with short neck; deep green in color; large seed, which entirely fills the cavity; quality is good and the flavor most pleasing to the taste; one analysis

shows it to contain nearly 19% of oil; ripens last of April to August; fruit will hang on the tree later if desired. A variety that should prove a money maker.



The Taft Avocado as it grows in clusters



Walker's bud, fruiting in nursery row

MESERVE

This is thought to be of the true Guatemalan type. Fruit weighs 14 to 16 ounces and is nearly round; thick, rough skin; medium sized seed tight in the cavity; productiveness is not yet determined. Parent tree has not had the proper care, so that it has yielded no large crops. Quality of the fruit is of the best; season April to June. This variety is being largely planted on a commercial scale.

MILLER

The crop of fruit born by the parent tree has been disappointing. The tree sets a load of fruit each spring, but later it nearly all drops. If the budded trees planted overcome this habit it is destined to be one of the best. Fruit analyzes the highest in fats of the thick skinned varieties, viz., 23 per cent, and while the time of ripening

is May, the fruits have been known to hang until late in the following year. The parent tree is said to have been a heavy bearer before it was moved. Fruit weighs 8 to 14 ounces; oval to obovate in form; rough skin; deep, dull purple in color; free from fibre and of good quality; seed medium, tight in cavity.

PUEBLA

One of the imported sorts. Fruited last year for the first time. The fruit dropped from the tree the last of January when fully ripe. Season will no doubt be last of December to end of January. It is the only thick-skinned variety that has ripened with us at that time and is certainly destined to be profitable as time of ripening will insure it a ready market. The Florida varieties held for the Christmas trade are the ones that pay the best. It is one of the most precocious varieties we have. We have nursery trees bearing fully matured fruits, and we know of a great many young trees in widely scattered locations that are bearing this year. It should appeal to the commercial planter. Fruit weighs 10 to 12 ounces; broad pyriform not distinctly necked; fruit 4 inches long; skin thick, tough, smooth; smooth yellow flesh of good flavor; seed small, tight in cavity; tree a good grower with heavy thick leaves.

FUERTE

Another promising introduction. A strong growing, handsome and hardy tree. An orchard of forty or more trees of this variety in Orange county, planted March, 1914, is in bearing this year. Single trees have forty or more fruits. Trees in widely scattered orchards are coming into bearing this year, showing that it is an early cropper, and should be a profitable tree. Seed small and tight in the cavity; green skinned, rough and thick; flesh yellow, smooth and buttery and of good flavor; weighs about 14 ounces; ripens in Mexico in October and November, and should prove an early spring fruit in California. We think this to be a safe tree for the commercial planter.

GRANDE

Another imported variety fruiting in California this year for the first time. Fruit large, weighing about 2 pounds; obvate to pyriform, not distinctly necked; about 6 inches in length; surface rough, dark green in color; skin thick and tough; flesh deep cream colored, very smooth, free from fibre, of rich, delicious flavor; seed round-conic, medium sized, tight in cavity; tree is a fairly strong grower and is said to ripen its fruit in Mexico in December. A good tree to try experimentally.

SINALOA

From Atlixco, Puebla, Mexico. An old tree, top worked to this variety in Hollywood, is ripening its fruit for the first time in California. It has a good crop. Fruit is oval to pyriform; 7 inches long; weighs $1\frac{1}{2}$ to 2 pounds;



Puebla budded tree, fruiting in nursery row

skin rough, green in color, thick and tough; cream colored flesh, smooth and free from fibre and of a rich and pleasing taste; seed roundish conical, tight in cavity; tree is productive and ripens its fruit in December in Mexico. A promising fruit for California.

BLAKEMAN

Parent tree this year has a large crop. Fruit weighs 1 pound and up; skin is dark green in color and tough; flesh rich, of smooth texture and good flavor; seed broadly conical, small to medium sized, tight in cavity; ripens May to July. Is being extensively planted.

CHALLENGE

Fruit is nearly round and weighs 1 to $1\frac{1}{2}$ pounds; rough surface, dark purple skin, thick; recent analysis shows the fat content to be 16 per cent; seed is large, completely filling the cavity. The parent tree has borne in a single crop 2000 fruits, and this year is loaded, necessitating thinning out the fruit on the budded trees. Tree in habit is precocious; season February to May.

SOLANO

Fruit is obvate to oval; small seed, tight in the cavity; skin smooth, glossy bright green, thick and firm; clear yellow flesh; an attractive looking fruit; season February to May. The parent tree is not growing under the most favorable conditions, and it may be that the per cent of fat (which is the lowest of all) will be improved in the budded trees growing in different locations. Bears in a good season; tree is prolific.

AMECA

From the Ameca Valley, Jalisco, Mexico. Parent tree grows at an elevation of 4350 feet, and fruit is said to be shaped like a cocoanut; weighs

about 2 pounds; color black; seed medium; meat abundant, flavor good. It is said to be the finest tree in the Ameca Valley. The tree and foliage does not look the least like any other Avocado that we know of.

POPOCATEPETL

Fruit weighs about 20 ounces; form oval to broad pyriform; skin thick, deep purple in color; flavor very rich; tree is said to be abundantly productive with off years.

MONTEZUMA

From Mexico. Form obvate, sometimes pyriform; fruit weighs 14 to 16 ounces; surface nearly smooth and deep green in color; skin thick and hard; flesh deep cream color, smooth, free from fibre, of mild, pleasant flavor; seed small to medium sized, oblate conical, tight in cavity; trees are not vigorous growers, the parent is said to be 200 years old, and to have borne 3000 fruits at a single crop; season in Mexico is December.

DICKINSON

Fruits weigh 7 to 12 ounces; form oval to obvate; surface is very rough, dark purple with large maroon colored dots; skin is unusually thick and woody; flesh pale greenish yellow, free from fibre, pleasant, fairly rich flavor; seed medium size, roundish oblate, tight in cavity; tree considered tender; fruit ripens in April and May and trees are proving to be precocious.

VOLCAN

Mexican importation, and as yet unfruited in California. Fruit is oval to pyriform; large purplish black in color with a thick, hard skin; quality is said to be good; seed small and tight in the cavity; season for fruiting in Mexico December to January.

COLIMA

A very showy tree, with fine large leaves. Parent tree is in Mexico, and the fruit is described as a large, hard skinned fruit of excellent quality.

LYON

A rough skinned Guatemalan type of Avocado. Fruit is broad pyriform in shape; 16 to 18 ounces in weight; skin thick and woody, rich green in color; flesh light yellow, absolutely free from fibre, very buttery, and of fine quality; seed medium small and completely fills the cavity; tree precocious; no mistake will be made in planting this variety; somewhat difficult to propagate and hence will always be a high priced kind; tree grows erect (see illustration, page 13) and many may be planted to the acre. Season is April to June.



Challenge bud, fruiting in nursery row



Fruit on Challenge budded tree

SHARPLESS

A pyriform fruit weighing 1 to 1½ pounds; rough, thick, hard, greenish purple skin; flesh cream colored, smooth, free from fibre, with a fine rich flavor; seed is small, completely filling the cavity; productiveness good; season May to August. The parent tree is poorly shaped, growing much on the order of the willow. While the nursery trees show this same tendency, it is hoped that they can be trained into tree form, thus overcoming this objection. Trees of this variety are difficult to propagate, making them rather high in price.

Thin-Skinned Varieties

GANTER

An oval to obovate fruit, weighing 4 to 9 ounces each; thin skinned with an ugly mark on the apex, when ripe; seed medium and loose in the cavity; tree flowers in the early spring and ripens its fruit in the fall. It has yielded some large crops, but this year will have scarcely any fruit.

HARMAN

A thin skinned purple fruit with an scar on the apex when ripe; it is claimed that if the fruit is picked while green that there will be no scar; it blooms in the spring and ripens in the fall; fruit weighs 5 to 10 ounces; tree a fair bearer and a vigorous grower; hardy.

QUERETARO

A Mexican importation that is ripening in California for the first time this year; does not come up to descriptions; small fruit, about 6 to 8 ounces, with a large seed, leaving little meat. The skin has a blemish or corrugation that covers nearly half of some of the fruits; quality of fruit fair; tree precocious; blooms in the spring and ripens in the fall.

VAL DE FLOR

A Mexican importation that is said to be of fine quality. The shape and size will be against its ever becoming a shipping fruit, but its precocious and prolific qualities will, no doubt, make it a favorite where a few trees are required for the family orchard. It is a slender pyriform fruit with a neck about 5 inches long; weighs about 6 ounces; flesh is of a fine flavor and thought very highly of in Mexico; tree is very hardy and of good habit and growth.



4 inches of snow in our nursery



Parent tree Lyon

SAN SEBASTIAN

A Mexican importation, said to be of the leather-skinned type; fruit is oval and black in color; weighs 12 to 16 ounces; seed medium size and tight in the cavity; flesh yellow and of good flavor; tree said to be prolific, and is the strongest growing thin-skinned

kind in our nursery; fruit ripens March in Mexico, and we hope will give us a large thin-skinned variety for the late winter trade.

CARTON

A slender pyriform, rarely distinctly necked fruit, weighing about 8 ounces; purplish black when ripe; thin-skinned; seed fairly large and sometimes loose in the cavity; quality of the fruit fine; tree a hardy, strong growing one; fruit will hang on the tree later than any other of the thin-skinned sorts; good fruit for the home and local market.

NORTHROP

This is a hardy, vigorous and precocious tree, producing the best thin-skinned fruit we have. It fruits twice a year, and if any of the thin-skinned varieties will ship it is the Northrop. The fruit is purplish black in color, smooth and glossy; flesh cream yellow, of a fine rich flavor, analyzing 25 per cent fat; seed medium size and tight in cavity; fruit weighs 6 to 8 ounces; tree is hardy, and of fine shape; ripens a small crop in April and May, and a large crop in October and November; crop for this year will be fully 1500 fruits; the best fall fruit we have.

A selection of four varieties of Avocado trees will give fruit in nearly every month of the year. For instance, the Puebla for Winter fruit, the Solano for Spring fruit, the Taft for Summer fruit and one of the thin-skinned, like Harman, for Fall fruit.

AVOCADO RECIPES

When ready for use the fruit will yield to slight pressure of the thumb. The flesh of the ripe avocado is about the consistency of well made butter.

Brazilian Style. Mash ripe avocados and mix smooth with port wine or lime juice to taste.

As a Dessert. The avocado makes a delicious dessert cut in cubes and served with sugar and lemon juice or wine.

With Bananas. Cut bananas and avocado meat into cubes and serve seasoned with salt, pepper, vinegar and onions as desired.

Diced Avocado. Remove skin and cut fruit in small squares. Add salt, pepper and vinegar, or any kind of salad dressing desired.

In Soups. The avocado is used extensively in the tropics in all kinds of meat soups. Cut in small cubes and add to the soup just before serving.

Avocado with Caviar. Prepare as the above recipes direct. Spread a small quantity of caviar on top of each piece. This is a very delicious appetizer.

Avocado With Fish. A most appetizing form of serving the avocado is to mix equal parts of cold salmon or lobster with the diced fruit and serve with mayonnaise.

With Dates. Peel the avocados and cut the meat into small cubes, adding an equal quantity of chopped dates. Mix with mayonnaise dressing and serve on lettuce leaf.

With Nuts. Take two ripe avocados and a half cup of nut meats. When ready to serve, pare and dice the avocados, add the chopped nuts, and mix with any good dressing.

As a Breakfast Food. The avocado is a particularly acceptable breakfast food, being very nourishing. Serve with salt, pepper and lime or lemon juice. In this form it is most easily digested.

Combination Salad. One large avocado, sliced thin; same amount of cold boiled potatoes, sliced thin; onion and parsley minced fine; two hard boiled eggs, sliced. Season with salt, pepper, oil and vinegar.

Avocado Butter. Pare the fruit and extract the seed. Mash the meat smooth and rub in one teaspoonful of olive oil to every two fruits. Season with salt and pepper to taste, and spread on bread.

Avocado on Toast. Remove the flesh with a spoon and mash with a fork. Spread thickly on a small square of hot toast. Add a little salt and pepper. This is one of the nicest ways of serving avocado.

Avocado Cocktail. Cut the fruit into dice. Place in small cocktail glasses, cover with a good cocktail sauce. Tomato catsup with lemon juice and salt and pepper is excellent. Serve very cold, or packed in ice.

Costa Rican Style. Cut the fruit in half and remove the seed. In the cavity place one tablespoon of vinegar or lime juice; salt and pepper to taste. Serve one-half fruit on plate, with spoon, to each person.

With Cabbage. Chop the cabbage fine. Cut up as many avocados as desired, mash with a fork until light and creamy, mix with the chopped cabbage, season with salt, pepper and vinegar and stir thoroughly.

Avocado au Natural. Remove the skin and slice the fruit the desired thinness. Serve on a plate garnished with celery hearts, tomato, or sweet red pepper. To be eaten with a fork, with or without salt or pepper as preferred.

Santiago Salad. Peel the fruit, remove the seed, and cut the flesh in cubes. Mix with mayonnaise or with chopped onion, lime juice and salt. Put it on a platter, piling it high in the center, and sprinkle finely chopped boiled egg over it.

Hawaiian Sandwich. Remove skin and seed from one avocado. Mash the flesh, add salt, pepper, and a dash of vinegar or lime juice, and spread liberally on lettuce leaf between thin slices of buttered bread. This is a dainty way of serving the avocado, and a most delicious one.

Avocado Ice Cream. Yolks of five eggs, one quart milk, green Maraschino cherries, two cups sugar, four medium-sized avocados, almond or vanilla extracts. Make a boiled custard with the milk, egg and one cup sugar, flavor with almond extract. When the custard is cool add the fruit and freeze. Serve with green Maraschino cherries on top of each dish.

Cuban Salad. Cut a small fruit in half and remove the seed. Prepare a dressing of a teaspoonful of sugar dissolved in the juice of a lime or half a lemon. In the cavity of the fruit place three stuffed olives and the desired quantity of dressing. Serve on a lettuce leaf, with spoon, one-half fruit to each person.

Avocado on the Half Shell. Divide the fruit in half and carefully remove the meat, to which add the yolk of a hard boiled egg and one tablespoonful of French dressing for each fruit. Pass through a sieve, and pile back in the shells as in bowls. Garnish the tops with the boiled whites of the eggs chopped fine, with a sprig of parsley, or with boiled small red pepper. This is only practicable with thick-skinned varieties.

Mexican Salad. To two parts of the diced fruit use one part of chopped Bermuda onion; salt, pepper and vinegar to taste. Sweet peppers, red or green, may be added if desired. Prepare two hours before serving.

With Chili Pepper. Chop the fruit with chili pepper. Season carefully and spread between buttered bread, with or without lettuce leaf. The above recipe can be used with nuts or olives in place of the pepper or onions.

Simmons Salad. Half a medium sized fruit, two boiled potatoes, cold, half a small onion, one tart apple. Slice all very fine and place in layers; pour over it two tablespoonsful of vinegar. Let it stand and just before serving add mayonnaise dressing mixed with one-half tablespoonful of curry powder and one tablespoonful of sugar.

For Invalids. The avocado is recommended by physicians as a most desirable form of food for invalids. It is highly nutritious, containing as high as 29 per cent. of fat in the best varieties, according to Government statistics, and yet is very easily digested, so that the most delicate person can eat it freely.

Aspic Jelly made with Avocado. One-half box gelatine, one-half cup cold water, one cup boiling water, two cups mashed avocado, juice of half a lemon, salt, cayenne. Soak gelatine in cold water one-half hour. Dissolve in boiling water. Strain and add avocado meat which has been flavored with salt, cayenne and lemon juice. Place on ice to harden. Serve with mayonnaise.

Havana Style. Take the meat of three avocados, add three tomatoes, having first removed the skin and core of these; add half a green pepper cut into fine shreds. Crush and pound this mass to a smooth mixture, and drain off the liquid. To the pulp add a teaspoonful or more of onion juice, a teaspoonful of salt and a tablespoonful of lime juice or vinegar. Mix thoroughly and serve at once.

HEADQUARTERS
for the STANDARD
AVOCADOS



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